HATHA YOGA
FOR
ZEVISTS

Physical yoga, along with Kundalini Yoga drastically amplifies vril, chi, witchpower, the power of the life force, etc. Below is a basic session you should do every day.

It is important to never force yourself in any of the stretches. Feel the stretch, this should be pleasurable and tension relieving, not ever painful. Yoga is very different from athletic stretching. It should be done in a relaxed state and never forced. It is right-brained and the goal is to empower ourselves. Anyone can learn on physical yoga their own, contrary to the popular notion of having a teacher.

You do not have to practice any special way of life. Nor do you have to be a vegetarian. Live your life as you choose, have sex as you choose with whom you choose, eat, sleep, work, and have fun as you choose.

If you feel a sense of lightness, increased bioelectricity, and power, you are performing the asanas [positions] correctly. Yoga is also best done alone, as others or a class can be a distraction.

Go with how you feel. As you progress, you can hold for longer periods, if you choose, but the routine below, combined with kundalini yoga [in this packet] will be enough to drastically raise your vril/witchpower. Some adepts hold the handstand and other asanas for 10 minutes or more. Remember, we are all individuals. For timing yourself, for example when holding a minute, just count to 60, like "one thousand one, one thousand two, one thousand three, one thousand four... You should relax and remain perfectly still when in each asana. Never jerk, tug, strain or pull and remember–only go as far as you are comfortable and feel a tension relieving stretch.

The sequence given below should be done in order.

*__Inverted asanas should not be attempted by those who have brain problems, detached retina, cervical problems, those who are very overweight or have any condition that could be aggravated by increased pressure or blood flow to the head and neck.__

Women on their menstrual period should leave inverted asanas out until the period is over with.

Pregnant women should not do any inversions or anything that might strain the baby.

You can do the other asanas and leave the inverted ones out.
Inverted asanas are when you are upside-down, such as the tripod, the Shoulderstand, the headstands, and handstands.
ALWAYS compliment a front bend with a back bend. There always has to be an opposite move in yoga. If you twist to the left side, you must also twist to the right side.

Every yoga program should include:

- Standing asanas
- Sitting asanas
- Forward bending asanas
- Backward bending asanas
- Side to side bending asanas
- Twisting asanas
- Inverted asanas (these can be left out for those who have medical problems as I mentioned in the above).
- Lying asanas

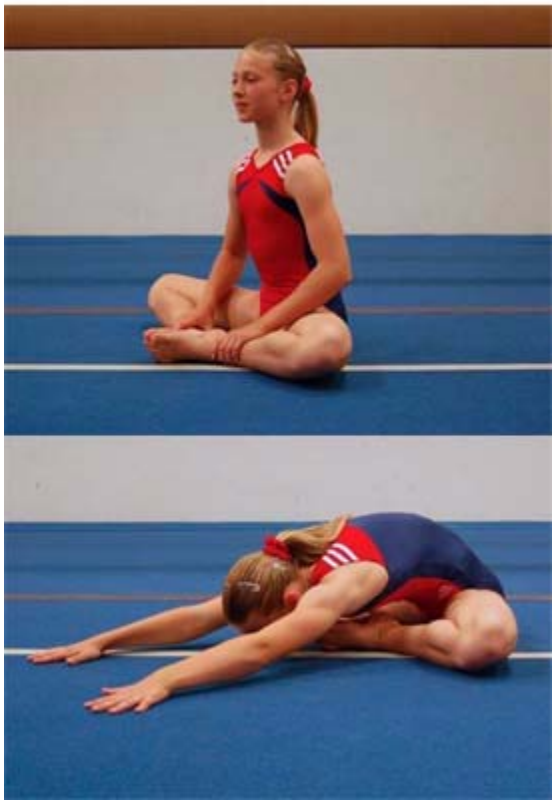
The routine below is adequate by itself, and serves as an example of a hatha yoga session. If you are interested, you can design your own routine. There are many resources in books and online. To really amplify your powers, you can do the routine below twice a day, but space this out- a few hours in-between.

Hatha [Physical Yoga] helps open the 144,000 nadis of the soul, distributing and evening energy flow, opening blocks in both the chakras and the nadis. This ensures safe ascension of kundalini.

1. Seated Forward Bend

Raise your arms straight over your head, back and legs straight and then reach forward and grab hold of your knees, calves, ankles, feet, or beyond as the completed posture in the third illustration below, depending upon how flexible you are. Remember- never strain. Yoga is not athletics. Only go so far as is comfortable for you as an individual.
Hold completely still for 1-2 minutes

2. Butterfly, Diamond
Bring your feet together as shown in the illustration below and lower your knees. You can place your hands on your knees to get them lower to the floor. If you are able to get your knees very close to the floor, then lower your chest as in the photo below and **hold for 1 minute**



3. Straddle Stretch
Spread your legs as wide as possible without any pain. If you are able to, put your forearms flat on the floor as shown in the second illustration below. If you are more flexible, then walk your hands out and place your chest flat on the floor as in the third illustration below. If you are flexible enough, slide your legs into a center split and lower your chest to the floor as in the fourth illustration below. **Hold this position for at least 1 minute, up to 5 minutes.**

4. Cobra Stretch

Lay flat on your stomach on the floor and then gently press your body up, arching your back into the position shown below. If you are less flexible, you can bend your arms. Go only as far as is comfortable. If you are more flexible, you can straighten your arms. In the second photo below is the advanced completed position. Working towards this begins with bending your knees and working your feet towards your head. Do this gradually.

Hold this position perfectly still for 30 seconds to 1 minute

5. The Locust
Begin with your stomach flat on the floor and then raise both your chest and legs off the floor, as you are able to. Don't worry if it is only a couple of inches. This is a difficult asana for many people. Strength will come with consistent practice.
Hold for 15-30 seconds Begin with 15 seconds if you are new.

6. The Bow
Begin with your stomach flat on the floor. Raise your chest and bent knees off of the floor and grab hold of your ankles. Use the strength of your back, chest and hips to maintain the asana, do not pull on your ankles.
Hold for 15-30 seconds Begin with 15 seconds if you are new.

7. Twist
Hold for 30 seconds to 1 minute for each side

8. Shoulder/Triceps Stretch
Sit in a cross-legged position, grab your elbow as shown in the illustration below and gently pull down
Hold for 15 to 30 seconds each side

9. Chest Stretch
Remain in the cross-legged position. Reach both of your arms behind you, interlace your fingers and keeping your arms straight, and raise your arms as high as you can comfortably.
Hold for 15-30 seconds.

10. The Side Stretch
Hold for 30 seconds for each side.

11. Tripod, Headstand, OR Handstand
All of these positions can be done against a wall for support. If the headstand or handstand is too difficult, start out with the tripod, as shown below.

For the tripod, put the crown of your head on the floor, hands in the position shown below and place each knee on each elbow. **Hold for 30-60 seconds, working up to 60 seconds/1 minute.**

The headstand or handstand as shown in the photo below can be done against a wall for support. **Begin with a hold for 15-30 seconds if you are new to this. You can gradually work up to a full 10 minutes for advanced. You can do this by adding 15 seconds longer as you feel you are able to.**
Hold this position for 1 minute.

12. Immediately after you come out of the tripod, head or handstand, hold the position below for at least half of the time you spent inverted. For example, say you held the headstand for 60 seconds, you would position yourself in the asana below, forehead on the floor, eyes closed for 30 seconds [half of that time].

13. The Shoulderstand
Hold the Shoulderstand for 1 minute. This position, like the head or handstand can be held as long as 10 minutes for advanced practitioners if so desired. If you are new, you can begin by holding for 30 seconds.

14. The Plough
Stay in the Shoulderstand position and then lower your feet behind your head, as shown in the illustration below. Your arms should be in the position shown below with hands flat on the floor. **Hold for 1 minute.**

If your back is inflexible, or you are unable to lower your feet to the floor, you can do the modified asana below:

15. The Fish
You can have your arms at your sides if you choose, no need to sit on them as in the photo below. The point of this asana is to counterbalance the Shoulderstand and open the throat. **Hold this position for half of the time spent in the Shoulderstand. If you held the Shoulderstand for 1 minute, hold the fish position for 30m seconds.**

16. Rest on you back comfortable for 5-15 minutes. This is very, very important. Meditate on the energy buzz you feel. This will amplify and grow over time if you consistently perform the above exercises – Hatha Yoga.